

# Are You Concerned About Falling?



## Did You Know...

- 1 in 3 Adults 65 years and older will fall this year
- Between one third and one half of all older adults have a fear of falling
- Falls should NOT be considered a normal part of the aging process
- **Stepping On** is a proven program designed to build confidence and reduces falls for seniors

**Stepping On** is a fall prevention program aimed at teaching participants ways to reduce their risk of falling. It is an evidence based program, designed for older adults, proven to reduce the risk of falls by about 31%.

**Stepping On** focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls. As a result of the program participants will increase overall strength, achieve better balance, gain more confidence, and have a greater sense of independence as well as a reduced risk of falling.

## UPCOMING **STEPPING ON** CLASS

### **Urbana Senior Center**

9020 Amelung Drive, Urbana, MD  
Tuesdays: June 21 – August 2  
10:00am – Noon

This is a 7-week class.  
Please plan on attending all 7 weeks.

Classes are **FREE**  
Registration Required

**For More Information or to Register for Classes**  
**Please call 301-600-6350 or**  
**Email: [LUmbel@frederickcountymd.gov](mailto:LUmbel@frederickcountymd.gov)**



**Stepping On**

*Building Confidence and Reducing Falls*

FREDERICK COUNTY  
Department  
of Aging